

## **ABSTRACT**

A training apparatus consisting of a rope (2) which can be passed via a suspended direction reversal means (1), wherein a first part (2') of the rope is arranged to hang down from one side of the direction reversal means, wherein a handle loop (3) is provided at one end (2'') of the first part (2') of the rope, and wherein a second part (2''') of the rope is arranged to hang down from another side of the direction reversal means and is designed to form releasable engagement with a locking device (4, 4') of the key way type, so-called "Cleatlock". The locking device (4) is secured to the first part of the rope, and the direction reversal means (1) is selected from the group consisting of: a beam, a bar, a guide tube, a guide channel, a pulley and a suspension bracket.